

Habits of Mind

The Center for Cognitive Coaching

Arthur Costa, Jane Ellison, Carolee Hayes, Bena Kallick

Habits of Mind are dispositions displayed by intelligent people in response to problems, dilemmas, and enigmas, the resolution of which are not immediately apparent.

1. **Persisting:** *Stick to it!* Persevering in a task through to completion, remaining focused.
2. **Managing Impulsivity:** *Take your time!* Thinking before acting; remaining calm thoughtful and deliberative.
3. **Listening with Understanding and Empathy:** *Understand others!* Devoting mental energy to another person's thoughts and ideas; holding in abeyance one's own thoughts in order to perceive another's point of view and emotions.
4. **Thinking Flexible:** *Look at it another way!* Being able to change perspectives, generate alternatives, consider options.
5. **Thinking About Your Thinking (Metacognition):** *Know your knowing!* Being aware of one's own thoughts, strategies, feelings and actions and their effects on others.
6. **Striving for Accuracy and Precision:** *Check it again!* A desire for exactness, fidelity and craftsmanship.
7. **Questioning and Problem Posing:** How do you know? Having a questioning attitude, knowing what data are needed and developing questioning strategies to produce those data. Finding problems to solve.
8. **Applying Past Knowledge to New and Novel Situations.** *Use what you learn!* Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.
9. **Thinking and Communicating with Clarity.** *Be clear!* Striving for accurate communication in both written and oral form; avoiding over generalizations, distortions and deletions.
10. **Gathering Data Through All Senses:** *Use your natural pathways!* Gathering data through all the sensory pathways—gustatory, olfactory, tactile, kinesthetic, auditory and visual.
11. **Creating, Imagining, and Innovating:** *Try a different way!* Generating new and novel ideas, fluency, originality.
12. **Responding with Wonderment and Awe:** *Have fun figuring it out!* Finding the world awesome, mysterious and being intrigued with phenomena and beauty.
13. **Taking Responsible Risks:** *Venture out!* Being adventuresome; living on the edge of one's competence.
14. **Finding humor:** *Laugh a lot!* Finding the whimsical, incongruous and unexpected. Being able to laugh at one's self.
15. **Thinking Interdependently:** *Work together!* Being able to work with and learn from others in reciprocal situations.
16. **Remaining Open to Continuous Learning:** *Learn from experiences!* Having humility and pride when admitting we don't know; resisting complacency.